

# PEPSA



## PROFESSIONAL DEVELOPMENT

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Partnership for Effective Programs for Students with Autism

### Pensacola, FL

## ANXIETY AND DEPRESSION ON THE AUTISM SPECTRUM: RECOGNITION, ASSESSMENT & TREATMENT

Presented by: Joshua Nadeau, Ph.D. Hosted by: FSU CARD

**April 10, 2017**

8:00 am – 4:00 pm  
Registration begins at 7:30 am

**Marcus Pointe Baptist Church**

6205 North W. Street  
Pensacola, FL 32505

### About the Presenter

**Joshua M. Nadeau, PhD**, is a licensed clinical psychologist who supervises the clinical treatment team in the partial hospitalization and intensive outpatient programs for children, adolescents, and adults at Rogers Behavioral Health – Tampa Bay. In addition to his role as clinical supervisor for Rogers, Dr. Nadeau holds a research faculty position with the Department of Pediatrics at the University of South Florida's Morsani College of Medicine. In his research and practice, Dr. Nadeau focuses on the use of cognitive-behavioral therapy for the treatment of obsessive-compulsive and related disorders, as well as in the adaptation of evidence-based techniques to address the unique needs of youth and adults with autism spectrum disorder (ASD) and other neurodevelopmental disorders. He has authored and co-authored numerous peer-reviewed articles and book chapters on treatment of obsessive-compulsive and related disorders among children, adolescents, and adults. Additionally, Dr. Nadeau is an active member of the International OCD Foundation (IOCDF), Association for Cognitive and Behavioral Therapies (ABCT), Collaborative Family Healthcare Association (CFHA), and the Association for Positive Behavioral Support (APBS).

### Training Description

Research suggests that the overwhelming majority of youth and adults with autism spectrum disorder (ASD) also meet criteria for a co-occurring mental health disorder(s). In addition, the presence of these comorbid conditions has a synergistic effect on psychosocial impairment, typically resulting in more severe symptoms (of both ASD and the comorbid condition), increased academic/vocational difficulty and school absenteeism, and increased strain among family members. Unfortunately, there is a paradoxical relationship between most providers serving people with ASD. Specifically, most providers working to address core ASD symptoms and behaviors are not well-trained and/or experienced in recognizing or treating these comorbid conditions; similarly, traditional mental healthcare providers are typically not experienced or comfortable in dealing with common needs unique to youth and adults with ASD. This presentation will provide training in methods for recognizing, assessing, and treating symptoms of anxiety and depression among youth and adults with ASD.

### Training Objectives

Participants will be able to:

- Recognize and describe comorbid symptoms of anxiety disorders and depression commonly exhibited by youth and adults with ASD.
- Provide, administer, and interpret the results of measures commonly used to assess symptoms of comorbid anxiety and depression among youth and adults with ASD.
- Understand, discuss, and implement basic evidence-based treatment techniques to address symptoms of comorbid anxiety and depression among youth and adults with ASD.
- Understand the relationship between self-regulation and executive function, including breakdown points and interventions (strategies, accommodations, collaborative work).

### Registration Information:

**REGISTRATION IS MANDATORY**


**DEADLINE: April 7, 2017**  
Limited to first 100 participants

Register online at  
<http://doepartnership.fmhi.usf.edu/trainings.html>

For more information contact:  
**Karen Williams**  
[karen.williams@med.fsu.edu](mailto:karen.williams@med.fsu.edu) or  
(850) 215-4330

**Directions:**  
For directions click [HERE](#)

**APPROVED PROVIDER**



Florida State University Center for Autism & Related Disabilities is approved by the Continuing Education Board of the American Speech-Language-Hearing Association (ASHA) to provide continuing education activities in speech-language pathology and audiology. See course information for number of ASHA CEUs, instructional level and content area. ASHA CE Provider approval does not imply endorsement of course content, specific products or clinical procedures.

*This course is offered for .65 ASHA CEUs (Introductory Level, Professional Area.)*  
*Financial – Presenter is being paid an honorarium from Florida State University*  
*Non-Financial – No relevant non-financial relationships exist*

**Be sure to contact your ESE District Staff or Staff Development Contact to determine the process for receiving in-service credit.**

### Supported By:



Regional Trainings are hosted by the Center for Autism and Related Disabilities, through the Partnership for Effective Programs for Students with Autism (PEPSA), a program funded by the State of Florida, Department of Education, K-12 Public Schools, Bureau of Exceptional Education and Student Services, through federal assistance under the Individuals with Disabilities Education Act (IDEA), Part B. [www.DOEpartnership.org](http://www.DOEpartnership.org)